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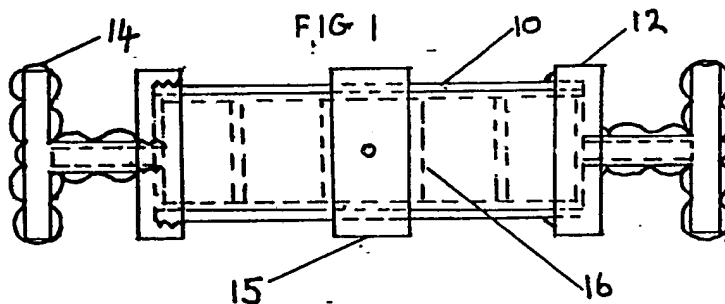
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None

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(54) Weight training/body building
device

(57) The device comprises a steel tube 10 and blanking caps 12 at each end fitted with plastic moulded metal 'T' handles 14. One blanking cap is releasably secured, and when removed, weights 15 are fitted externally, or a weight rack 16 is pulled out and metal discs or tins filled with sand or heavier material are inserted.



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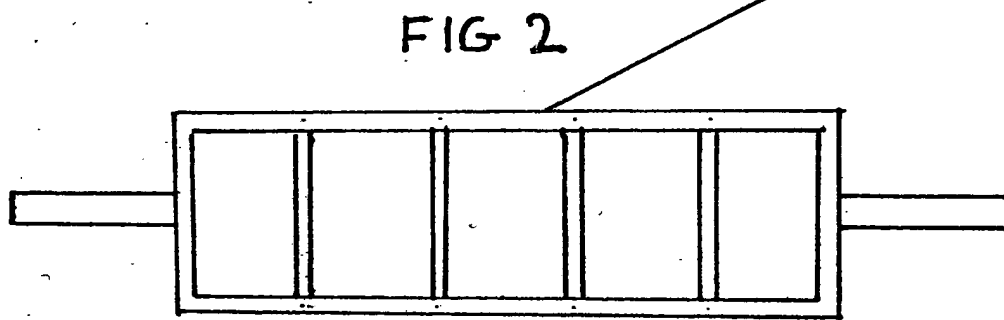
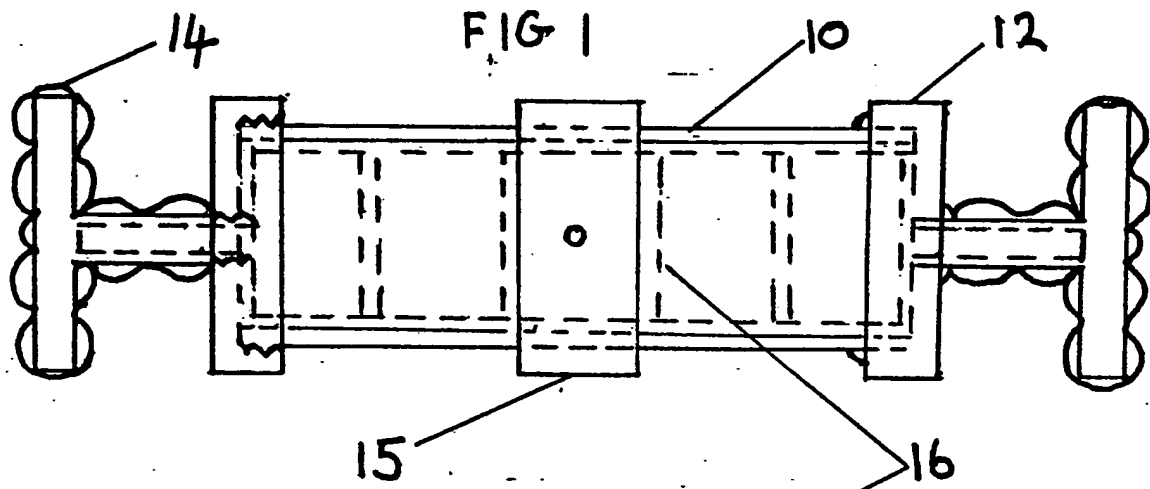


FIG 3

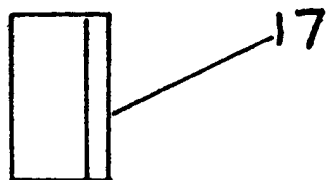
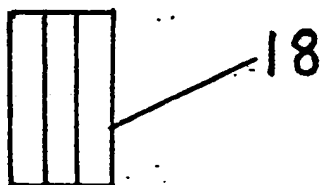


FIG 4



SPECIFICATION

Weight training body building device

5 This invention relates to the training of the body for fitness and the building of the body for strength. Weight training and body building devices are many, and vary from the simple straight bar with 10 weights at each end to sophisticated gym sets requiring pivots and pulleys. Other devices require exertion against the action of a spring. Most body sculpture equipment is expensive and often has to be purchased in kit form, some of which is lying idle until such 15 times as the user's body had developed the strength to include it.

According to the present invention there is provided a steel tube with end blanking caps. Secured into the blanking caps are 'T' handles with plastic 20 moulded grips. Extra weights can be fitted over the external circumference of the steel tube. Running through the centre of the steel tube and passing into the 'T' handles is a steel weight rack. Tins filled with anything from sand to lead pellets are inserted into 25 the weight rack, or alternatively a properly manufactured set of weight discs can be inserted.

A specific embodiment of the invention will now be described by way of example with reference to the accompanying drawing in which:-

30 *Figure 1* shows in plan form the complete device. Only one external weight is shown for reasons of clarity.

Figure 2 shows the weight rack removed from main body.

35 *Figure 3* shows one of the tins removed from the weight rack.

Figure 4 shows the alternative weight discs required to fill one segment of the weight rack.

Referring to the drawing the device comprises a 40 steel tube 10 with end blanking caps 12. Secured into the end blanking caps are 'T' handles 14 with moulded hand grips. Surrounding the external circumference of the steel tube are weights 15 with integral positioning grub screw. Through the centre 45 of the steel tube and protruding through the end blanking caps into the 'T' handles is a weight rack 16. The weight rack is required as a housing for tins 17 with screw on lids. Metal discs 18 provide an alternative to the tins.

50 In order to increase or decrease external or internal weights, one of the end blanking caps 12 is removable. When unscrewed complete with 'T' handle 14 an external weight can be slipped over the steel tube 10, or the weight rack 16 can be pulled out and a tin 17 or 55 weights 18 can be added internally. The end blanking cap with 'T' handle can then be screwed back into place.

CLAIMS

- 60 1. A weight training and body building device comprising a body in the form of a tube, blanked off at both ends with each blanking cap incorporating a 'T' handle with plastic moulded grip.
- 65 2. A weight training and body building device as

claimed in Claim 1 whereby an end blanking cap can be removed complete with 'T' handle.

3. A weight training and body building device as claimed in Claims 1 and 2 whereby weights can be 70 added over the external circumference of the tube.

4. A weight training and body building device as claimed in Claims 1, 2 and 3 whereby weights can be added internally.

5. A weight training and body building device as 75 claimed in Claims 1, 2, 3 and 4 whereby internal weights are held in position by a metal weight rack.

6. A weight training and body building device as claimed in Claims 1, 2, 3, 4 and 5 whereby the internal weight medium can be as cheap as sand and is contained in removable tins. 80

7. A weight training and body building device as claimed in Claims 1 to 6 whereby the internal weights can be metal discs manufactured to suit.

8. A weight training and body building device as 85 claimed in Claims 1 to 7 with exercises designed for one or two people.

9. A weight training and body building device as claimed in Claims 1 to 8 that can be used for athletic dancing to music.

90 10. A weight training and body building device as claimed in Claims 1 to 9 that can be provided with electro plated finish.

11. A weight training and body building device as claimed in Claims 1 to 9 that can be manufactured 95 from ferrous or non-ferrous metals.

12. A weight training and body building device as claimed in Claims 1 to 9 provided in any one of a selective range of colours.

13. A weight training and body building device as 100 claimed in Claims 1 to 12 optionally provided with a carrying holdall.

14. A weight training and body building device substantially as described herein with reference to Figures 1 - 4 of the accompanying drawing.